What's happening

March/April 1985
A bimonthly calendar of public events at UC-San Francisco. Please come and enjoy.

COMMUNITY HEALTH EDUCATION PROGRAMS

All lectures are free and geared to senior citizens. Topics are subject to change. For a complete listing of topics including those for April call 666-3206.

March

Over-the-Counter Drugs. California League for the Handicapped, 1299 Bush St.

Vitamins. St. Francis Assisi Community Center, 145 Guerrero St.

Memory Loss. Haight Ashbury Senior Center, 1350 Waller St.

Bone Care. 7th Ave. Presbyterian Senior Center, 1329-7th Ave.

Insomnia. Richmond Senior Site, 741-30th Ave.

CAMPUS TOURS

All tours are free and take place at 1 p.m. on Tuesdays, March 5, 12, 19, 26 and April 2, 9, 16, 23 and 30. Meet in the lobby of the Medical Sciences building, 513 Parnassus Ave. For further information call 666-4394.

BROWN BAG TOURS/ LECTURE SERIES

All lectures are free and held on Wednesdays at noon in Room 301 Health Sciences West (enter through Medical Sciences lobby, 513 Parnassus Ave.). Tapes of all talks are available for listening in the UCSF Library, SIMA Unit, Room 345 Health Sciences East. For further information call 666-4394.

Mar. 6: **How to End Negative Attitudes.**

Mar. 13: **Tax-Free & Tax-Sheltered Investments.**

Mar. 20: **Retirement Goals.**

Mar. 27: **Visually Speaking.** A guide to better eye care.

Apr. 3: **The Road Back to Health.** Coping with the emotional side of cancer.

Apr. 10: **Cosmetic Dentistry.**

Apr. 17: **On-The-Job Illness.**

Apr. 24: **Alternative Medical Therapies.** Non-traditional therapies for common health problems.

WOMEN'S RESOURCE CENTER EVENTS

All events are free and held from noon-1 p.m. unless otherwise noted. Call 666-5836 for information.

Tues., Mar. 12-May 7: **Black Women Writing: A Discussion Group.** Everyone invited. Rm. 130, Clinical Sciences Bldg., 521 Parnassus Ave. 7-8:30 p.m.

Thurs., Mar. 21: **Women & Disability Films: Tell Them I'm A Mermaid** and **See What I Say.** HSW 300 (enter through 513 Parnassus Ave.).

Tues., Apr. 2: **Self-Help for Compulsive Eaters.** HSW 302 (enter through 513 Parnassus Ave.).

Mon., Apr. 15: **Conspiracy of Silence: The Trauma of Incest.** Toland Hall, 533 Parnassus Ave.

Thurs., Apr. 18: **Mixed Messages: A History of Cigarette Advertising Directed at Women.** Toland Hall, 533 Parnassus Ave.

Tues., Apr. 30: **Women in Art & Women Artists.** HSW 300 (enter through 513 Parnassus Ave.).

FOLK DANCING

Learn folk dancing from various parts of the world. No partner needed and everyone is welcome to attend. Held every Tuesday in the Millberry Union Gym, 500 Parnassus Ave. 1-2:15 p.m.

COLE HALL CINEMA

All films are shown in Cole Hall, Medical Sciences building, 513 Parnassus Ave. Children under 14 $1.50, UCSF students & Millberry Union members $2, general $2.50. For further information call 666-2571.

Fri., Mar. 29: **Garbo Talks.** 6:30 & 8:30 p.m.

Thurs., Apr. 4: **The Four Hundred Blows.** 5:45 p.m.

Fri., Apr. 5: **The Four Hundred Blows.** 6:30 & 8:30 p.m.

Fri., Apr. 12: **Classics in Animation.** 6:30 & 8 p.m.

Thurs., Apr. 18: **Atomic Cafe.** 5:45 p.m.

Fri., Apr. 19: **Atomic Cafe.** 6:30 & 8:30 p.m.

Thurs., Apr. 25: **2010.** 5:45 p.m.

Fri., Apr. 26: **2010.** 6:30 & 9 p.m.

Sat., Apr. 27: **2010.** 8 p.m.

GREAT ESCAPES

Registration deadline is two weeks before each outing. Register at Millberry Union Central Desk or the Athletic Desk, 500 Parnassus Ave. For further information call 666-1800.

Tues. & Sun., Apr. 23-May 12: **Beginning Horsemanship.**

Sat., May 4-11: **Beginning & Intermediate Sailing.**

Tues. & Sun., May 14-June 2: **Beginning Horsemanship.**

Thurs., May 23-June 27: **Beginners & Advanced Scuba Diving.**

OUTDOORS UNLIMITED

Located on Parnassus Ave., street level in the UC Hospital Bldg. between 3rd and 4th Ave. Sign up for activities from 11:30 a.m. to 1:30 p.m. or 5 to 7 p.m., Monday & Friday; 11:30 a.m. to 1:30 p.m. or 4 to 6 p.m., Tuesday to Thursday. Two-week advance registration is required for most events. For further information call 666-2078.

Tues., Mar. 12: **Sailors & Windsurfers Trip Planning.** OU Center. 7:30 p.m.

Wed., Mar. 13: **Kayak Roll Session.** Millberry Pool. 9:30-11:30 p.m.

Thurs., Mar. 14: **Snow Trip Planning.** OU Center. 7:30 p.m.

Sat., Mar. 16: **Day Hike.** SF. **Beginning Sailing.** SF Bay.

Wed., Mar. 20: **Kayak Roll Session.** Millberry Pool. 9:30-11:30 p.m.

Sat.-Mon., Mar. 23-25: **X-C Skiing.** So. Lake Tahoe. **X-C Skiing.** Lassen National Park.



Wed., Mar. 27: **Kayak Roll Session.** Millberry Pool. 9:30-11:30 p.m.

Wed.-Sun., Mar. 27-31: **Windsurfing Clinic.**

Sat.-Sun., Mar. 30-31: **X-C Skiing.** So. Lake Tahoe.

Wed., Apr. 3: **Kayak Roll Session.** Millberry Pool. 9:30-11:30 p.m.

Sat., Apr. 6: **Day Hike.** Berkeley.

Wed., Apr. 10: **Kayak Roll Session.** Millberry Pool. 9:30-11:30 p.m.

Wed.-Sun., Apr. 17-21: **Basic Canoe Clinic.**

SPECIAL EVENTS/DATES

Wed., Mar. 6 & Apr. 24: **Neck & Back Self-Care Two-hour Course.** Millberry Union Resident's Lounge. 1:30-3:30 p.m. One-hour courses also available. Call Ann Peterson, 666-2406.

Wed., Mar. 13: **Sports Injuries & Sports Medicine.** A free Community Health Education Lecture. Toland Hall, 533 Parnassus Ave. 7:30-9 p.m. Free parking also available. Call 666-3206 or 666-2571.

Thurs., Mar. 21: **The Bhopal Disaster.** Bay Area lawyer Melvin Belli. Cole Hall, 513 Parnassus Ave. 8:30-10 a.m. Held as part of Occupational & Environmental Medicine Grand Rounds.

Tues., Mar. 26: **Lecture/Slide Presentation: Bubblegum & the Yetis—The Impact of Modernization on Health in the Himalayas.** HSW 301 (enter through 513 Parnassus Ave.). Noon. Free.

Thurs., Apr. 4: **Millberry Union's Registration for Children's Classes.** Adult Class Registration tomorrow, Apr. 5. Classes include Body Conditioning & Mother & Baby Exercise. Millberry Union Central Desk, 500 Parnassus Ave. 8 a.m.-2 p.m. & 4-7 p.m. For further information and a free brochure call 666-1800.

Thurs., Apr. 4: **Founders Day.** To include Faculty Research Lecture: **Tree-Shaking & Jelly-Making: Growing Up with Retroviruses.** Harold Varmus. Cole Hall, 513 Parnassus Ave. 3 p.m.

Tues., Apr. 9: **Concert: The Ridge String Quartet.** Location to be announced. 8 p.m. Call 666-2571.

Wed., Apr. 17: **Allergy in the 20th & 21st Centuries: Simple Solutions for Complex Questions.** A free Community Health Education Lecture. Toland Hall, 533 Parnassus Ave. 7:30-9 p.m. Free parking available. Call 666-3206 or 666-2571.

Mon., Apr. 22: **Twilight Concert: Emil Miland & Robin Sutherland, Cello & Piano Duo.** Students & Millberry Union members $3, general $4. Millberry Union Lounges, 500 Parnassus Ave. Reception 5 p.m., concert 5:45-7 p.m.

Mon., Apr. 29: **Campus Blood Drive.** Blood may be given in Millberry Union main lounge, 500 Parnassus Ave., from 8 a.m.-3 p.m., or mezzanine level, School of Nursing Bldg. (enter through 521 Parnassus Ave.) from 11 a.m.-5:30 p.m. For further information call 666-4394.

Sat. & Sun., May 4 & 5: **Mid-Life Issues: Problems & Possibilities.** A symposium to provide clinical perspectives on the anxieties and challenges in this critical transition period. Holiday Inn Golden Gateway, SF. To register call 681-8080, x256.

ART EXHIBITS

Hospitals Auxiliary Exhibit. On display for the month of March in the lobby of Moffitt Hospital, 505 Parnassus Ave., will be watercolors, etchings and photographs. A portion of all proceeds benefits UCSF Hospitals & Clinics patients. For April's schedule or to purchase or reserve work, visit the Auxiliary Office, next to the cashier, Moffitt Lobby, 513 Parnassus Ave., 10 a.m.-2 p.m. or call 666-4906.

Faculty/Alumni Exhibit. On display through May are works by artist & photographer Jane Marie Cleveland. Opening reception, Thurs., Mar. 7, 4:30-7 p.m. Faculty/Alumni House, 745 Parnassus Ave. For further information call 666-4723.

SELF DEFENSE WORKSHOPS

Easy-to-learn physical techniques, verbal & body language skills & how to deal with the emotional & physical issues of self defense. For further information including April courses & pre-registration call 666-5683.

Women's One-Day Workshop: Sat., Mar. 16. 9 a.m.-5 p.m. $30.

INTERNATIONAL WOMEN'S WEEK

All events are held from noon-1 p.m. Sponsored by the UCSF Women's Resource Center & the Committee on Arts & Lectures. For information call 666-5836 or 666-2571.

Mon., Mar. 4: **Films: Home Movie.** How one woman came to recognize her love for other women. **A Comedy in Six Unnatural Acts.** A comedy on the stereotyped images of lesbians. Cole Hall, 513 Parnassus Ave.

Tues., Mar. 5: **Performance: With Vision, Convictions & A Voice.** A historical piece about Mother Jones & Mary McLeod Bethune. Cole Hall, 513 Parnassus Ave.

Wed., Mar. 6: **Alternative Treatments & Current Controversies in Women's Health.** HSW 300 (enter through 513 Parnassus Ave.).

Thurs., Mar. 7: **Poetry Reading by UCSF Women Poets.** Room 214, 513 Parnassus Ave.

Fri., Mar. 8: **Music & Women Resource Information.** Millberry Union combined lounges, 500 Parnassus Ave. Music from noon-1 p.m.; resource tables from 11:30-1:30 p.m.

CAREER DEVELOPMENT PROGRAM

Sponsored by the Women's Resource Center. Toland Hall, 533 Parnassus Ave. Tuesdays. Noon-1 p.m. Free. Call 666-5836.

Mar. 19: **Obstacles to Career Planning.**

Mar. 26: **Testing for Self-Assessment.**

Apr. 2: **Job-Related Skills.**

Apr. 9: **Work-Related Values & Interests.**



Apr. 16: **Writing "The Resume."**

Apr. 23: **Research Yourself A Job.**

NEW VOLUNTEERS ORIENTATION

To acquaint new & prospective volunteers with opportunities available in the UCSF Hospitals & Clinics. Call 666-1196.

Tues., Mar. 5: Toland Hall, 533 Parnassus Ave. 1-3:30 p.m.

Mon., Mar. 18: Clinical Sciences Bldg., 521 Parnassus Ave. 6-8 p.m.

Tues., Apr. 9: Toland Hall, 533 Parnassus Ave. 1-3:30 p.m.

Mon., Apr. 22: Rm. 417, School of Nursing Bldg. (enter through 521 Parnassus Ave.). 6-8:30 p.m.

OVEREATERS ANONYMOUS MEETINGS

Sponsored by Office of Public Service Programs, the Overeaters group meets every Monday from noon to 1 p.m. in Room 717B, School of Nursing Bldg. (enter through 521 Parnassus Ave.). For further information call 863-2299.

UCSF
University of California, San Francisco
...A Health Sciences Campus

Thomas A. Rollinson said that UCSF's main concern was met if the Mayor's

New Guide Describes Aging-Related Activities

The 1984/85 Resource Guide to Geriatrics and Gerontology now is available. This free, 36-page resource guide is prepared by the UCSF Regional Area Health Education Center and includes course descriptions, research abstracts and other aging-related activities offered at UCSF's four professional schools.

Copies of the guide can be obtained at the AHEC Office at 1356 Third Avenue or by calling 666-1526.

Self Care Teaching Package for Arthritis Patients

Health professionals across the country soon will be using a Self Care Teaching Package for arthritis patients that was developed by the UCSF Rosalind Russell Medical Research Center for Arthritis. The kit, which will be marketed and distributed by the National Arthritis Foundation, will help health professionals teach osteoarthritis and rheumatoid arthritis patients how to manage their chronic disease, said Sandra Lewis, program coordinator for the education unit that designed the materials.

The kit consists of a 21-page flip chart which covers such topics as expected physical changes, exercise, rest, joint protection and the value of heat and cold applications.

Clinics and health professionals can order the package by mailing $35 to Mary Stevens, National Arthritis Foundation, 1314 Spring St., NW, Atlanta, GA 30309.

Coming Back a Star!

The UCSF Volunteer Office is coordinating a new monthly entertainment noontime show for patients. If you are a singer, dancer, mime, magician, stand-up comic, story-teller, reader of prose or poetry, slide/lecturer, or workshop or crafts coordinator, and would like to volunteer to entertain patients, please call 666-1196 weekdays, from 9 a.m. to 3 p.m. Remember, time can pass very slowly for a patient.

City Plan for Housing on Poly Site

On Friday, February 22, Mayor Feinstein announced that the City had reached an agreement with the SF Unified School District to build 160 units of federally subsidized family housing on the site of the old Polytechnic High School. The tentative agreement was still to be ratified by the Board of Supervisors.

On hearing of the Mayor's announcement, UCSF Vice Chancellor Thomas A. Rollinson said that UCSF's main concern was met if the Mayor's plan called for housing that could include students. "What we need is affordable rental housing for our students," Rollinson said. "We are pleased to see this unsafe site developed for affordable rental housing. The sooner this happens, the better."

Lectures for Parents of Young Teens

As children move from childhood to adolescence, major changes take place in their bodies, in their minds and in their feelings. These changes can be very confusing to parents.

Beginning Monday, March 11, there will be a five-part lecture/discussion series on early adolescent changes. Sponsored by the Division of Adolescent Medicine, the lectures will address bodily changes in early adolescence, sexuality, intellectual and emotional development and changes in relation to the family. The lectures will be in Rm. 267, Ambulatory Care Center, 400 Parnassus Ave.

Fee for the series is $35 per person or $50 per couple. For further information call 666-2184.

UCSF
University of California, San Francisco
...A Health Sciences Campus

To our neighbors

Rush—Time Dated
March-April, 1985

University of California San Francisco
News and Public Information Services
532 Parnassus Avenue, San Francisco, CA 94143

UCSF

March/April 1985
A summary of recent news stories from the University of California, San Francisco...A Health Sciences Campus.

Volume 10, Number 2

A Letter to our New Neighbors . . .

On Friday, February 15, escrow was closed and UCSF took possession of the Fireman's Fund headquarters building at 3333 California Street. We are delighted with the acquisition of this beautiful building and its spectacular park-like site, which also is important to the neighborhood and to the city as a whole. The additional space in the building will allow our campus to continue the process of decentralization, which we have been pursuing for almost a decade in order to decompress our very crowded Parnassus Heights campus.

We welcome the opportunity to be your good neighbor. At a public meeting held in the 3333 California auditorium on February 8, Chancellor Julius R. Krevans assured the audience that:

- The campus is committed to the maintenance of the building and its beautiful grounds in a manner at least consistent with the past.
- UCSF has no plans to expand the building.
- We will do everything we can to alleviate traffic and parking congestion, including a major shuttle program, and will be evaluating the parking on the site in order to see if there are ways of improving access and traffic flow. We also will work with the neighborhood and the city to see if street traffic lights and MUNI stops can be improved. Parking will be for occupants and visitors.
- While we do not yet know what administrative and academic UCSF programs will be moving into the space at 3333 California, we expect the density to range between 1,000 and 1,400 people.
- We will continue the tradition of the rooftop Christmas tree that has become a holiday landmark on the city's skyline, and perhaps we will start some new holiday traditions of our own.
- As we do on our Parnassus Heights campus, we will bring programs of music, films, and lectures on science and health into the auditorium and conference center for public enjoyment.
- We also will develop a plan for scheduling access to the auditorium and conference center for community organization events and activities, charging a reasonable price.
- The community will be kept informed, as plans for campus occupancy of the site are developed, at public open forum meetings and through letters and the Neighborhood Newsletter, and comments from our neighbors will be solicited.

The Chancellor intends to create a Campus Planning Committee consisting of representatives from a number of neighborhood organizations, plus an equal number of UCSF staff and faculty. Chancellor Krevans will chair this committee, which will review and monitor campus plans for use of this facility as they are developed.

Don't be surprised at the construction activity you will be seeing for the next six months. We will be completing the work started by the previous owners to create a new entrance and landscaping on the California Street side, and we will be blocking out interior space for our tenants, and later on for campus programs as we move in.

A UCSF office is now located in the building in offices at the Laurel Street entrance. Brenda Patterson, executive planning coordinator, will be in charge of coordinating the occupancy of the building and the scheduling of the conference center in the initial stage. She can be reached at 346-3580.

Two February Births Make History

On February 11 Evan Marie Falconer was only one day old but already had made San Francisco history. She was the first baby born in the city who was conceived through in vitro fertilization.

The baby's parents, Sharon and Bruce Falconer, were patients in the UCSF In Vitro Fertilization Program and the birth took place in the Moffitt/Long Hospital. Weighing in at 9 pounds, 4 ounces, Evan was delivered normally with no complications, according to Russell Laros, MD, UCSF vice chair of Ob/Gyn, who delivered the infant. Mr. Falconer was present at the birth.

Although this is the fourth birth for the UCSF In Vitro Fertilization Program, which opened in June 1983, it is the first such delivery to take place at UCSF.

Four days after Evan's birth another historic birth took place at UCSF on Valentine's Day. Jody and Matthew Valentine of San Francisco, who were married on Valentine's Day four years ago, gave birth to their first child, 7 lb. 2 oz. Brandon. It seemed Brandon knew the significance of February 14 for his parents. The original due date was February 1, but the littlest Valentine delayed his arrival 13 days in order to celebrate the holiday.

Breast Screening Expands

The UCSF Breast Screening Center on the sixth floor of the Ambulatory Care Center, 400 Parnassus Avenue, has expanded its service. Initial visits now include a history of the patient, physical examination, risk assessment, counseling, breast self-examination instruction and referral for follow-up studies.

For a free pamphlet answering questions about your breasts and what you can do for early cancer detection, or for an appointment, call the Breast Screening Center at 666-3282. Remember, 8 out of 10 lumps are not cancerous.

New UCSF Center for Neural Injury Opens

The opening of a new UCSF Center for Neural Injury—a multidisciplinary research program with core laboratories at the Veterans Administration Medical Center—was announced earlier this year. Under the direction of vice chair Alan Faden, MD, chief of the VAMC Neurology Service, the Center will focus on research, prevention and treatment of paralysis associated with spinal cord injury, head injury and stroke.

(More news items on back page)